



My Merry Home Management *Binder*



My Course Checklist

- ☐ Watch the videos in the Before We Begin section.
- ☐ Get supplies for a Home Management Binder if you'd like to, or create a dedicated folder on your phone or computer to begin journaling and creating lists.
- ☐ Day 1 - Set Goals for this Course
- ☐ Day 2 - Create a morning, afternoon and evening routine.
- ☐ Day 3 - Implement your daily routine today and make adjustments as needed.
- ☐ Day 4 - Create a focus for each day of the week.
- ☐ Day 5 - Begin your first daily focus today.
- ☐ Day 6 - Learn how to create a meal plan - create a list of your family's favorite meals & create a meal plan for this next week.
- ☐ Day 7 - Fill out the Shopping List printable from the meal plan and go shopping or order for pick-up.
- ☐ Day 8 - Write down things that make you feel good and a list of ideas you can easily do for self care.
- ☐ Day 9 - Start your self care plan today.
- ☐ Day 10 - Learn about 3 quick cleaning habits and start doing them today.
- ☐ Day 11 - Decluttering Day - do a 15-minute clean and/or declutter of one drawer or small area of your home & take inventory of the areas in your home that need decluttering, using the printable.
- ☐ Day 12 - Learn about the Weekly Home Power Cleaning Hour and decide what your's will be.
- ☐ Day 13 - Do your power cleaning hour today, or start it today and schedule the rest in the coming week.
- ☐ Day 14 - Learn about Zone Cleaning and decide on your home's 5 zones.
- ☐ Day 15 - Start Zone Cleaning in Zone 1
- ☐ Day 16 - Zone Cleaning - Zone 2
- ☐ Day 17 - Zone Cleaning Zone 3
- ☐ Day 18 - Zone Cleaning Zone 4
- ☐ Day 19 - Zone Cleaning Zone 5
- ☐ Day 20 - Learn about the My Week at a Glance printable and tips for future success.
- ☐ Day 21 - TREAT YOURSELF! Yay! You did it!

My Goals for this Course

Things about my life and home that I want to change:

When I have finished the course, I hope to accomplish:

1.

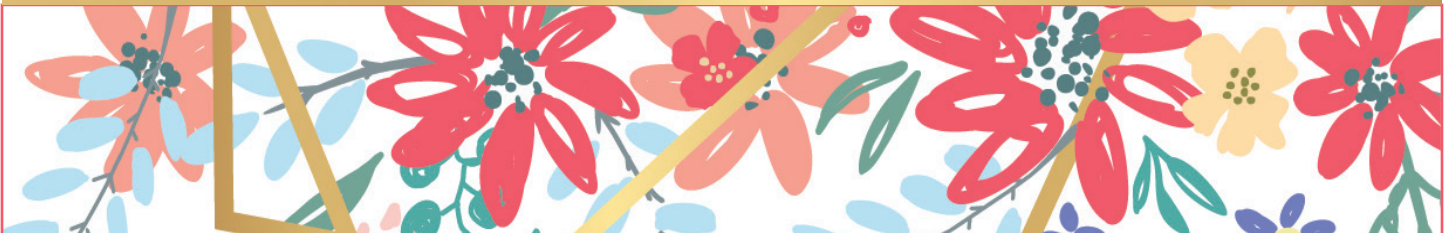
2.

3.

4.

5.

I am feeling:

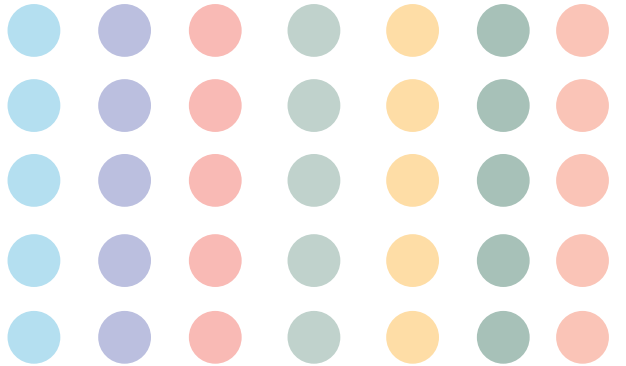


This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Habit Tracker

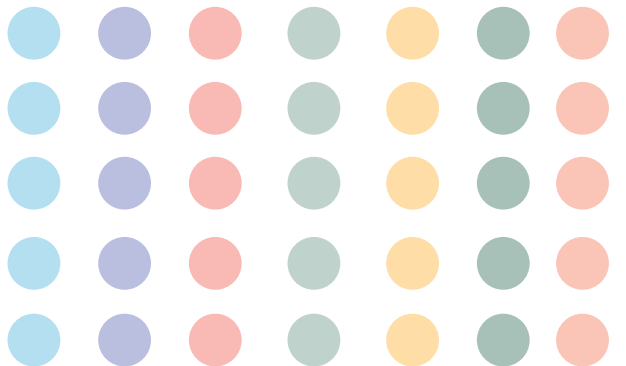
MORNING

S M T W T F S



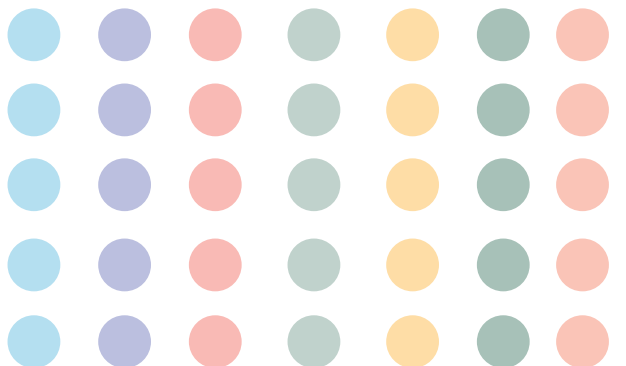
AFTERNOON

S M T W T F S



EVENING

S M T W T F S



My Longterm Goals

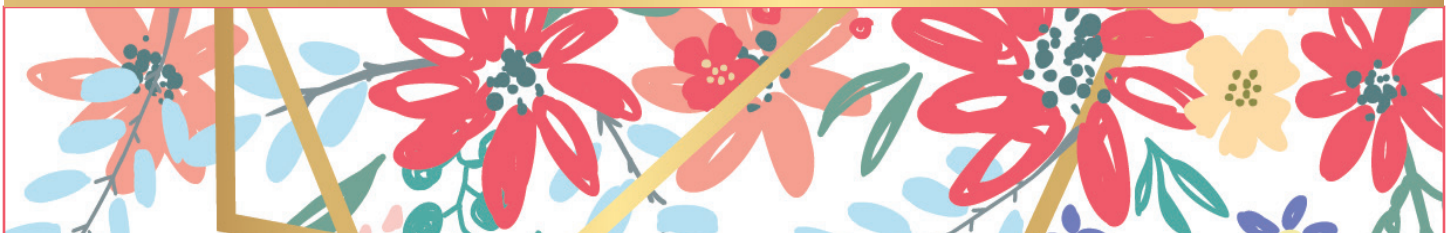
Break each goal into small steps you can do daily. Then add the first step to your daily routine sheet.
After the first step is accomplished, add the next step to your daily routine, and so on.

Goal:

Goal:

Goal:




































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Daily Routines




































MORNING

S M T W T F S




































AFTERNOON

S M T W T F S

EVENING

S M T W T F S

Daily Focus

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEK FOCUS

MONTH FOCUS

Quick Cleaning Habits

TOILET SWISH & SWIPE

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2-MIN HOT SPOT CLEAN UP

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5-MIN ROOM RESCUE

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15-MIN DECLUTTER

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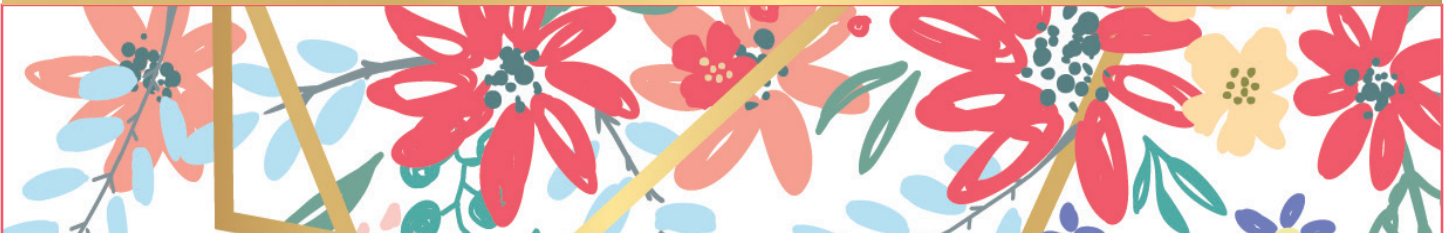
Quick Cleaning Habits

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S	M	T	W	T	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

S	M	T	W	T	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

S	M	T	W	T	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Weekly Power Cleaning Hour

Set timer for 5-15 minutes for each task, one hour total.

☐

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Zone 1

Set timer for 15 minutes and clean as much as you can.

Zone 1 Includes: _____

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

OUT OF STOCK

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

PROJECTS TO DO

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Zone 2

Set timer for 15 minutes and clean as much as you can.

Zone 2 Includes: _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OUT OF STOCK

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROJECTS TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Zone 3

Set timer for 15 minutes and clean as much as you can.

Zone 3 Includes: _____

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

OUT OF STOCK

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

PROJECTS TO DO

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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Zone 4

Set timer for 15 minutes and clean as much as you can.

Zone 4 Includes: _____

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

OUT OF STOCK

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

PROJECTS TO DO

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Zone 5

Set timer for 15 minutes and clean as much as you can.

Zone 5 Includes: _____

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

OUT OF STOCK

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
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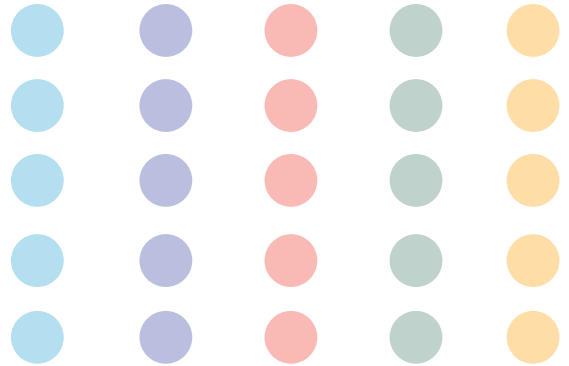
PROJECTS TO DO

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Zone Cleaning at a Glance

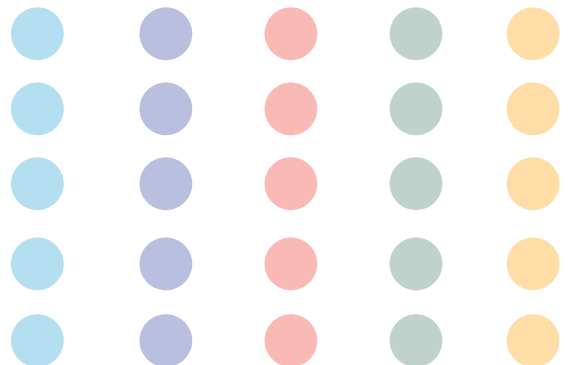
Zone 1

M T W T F



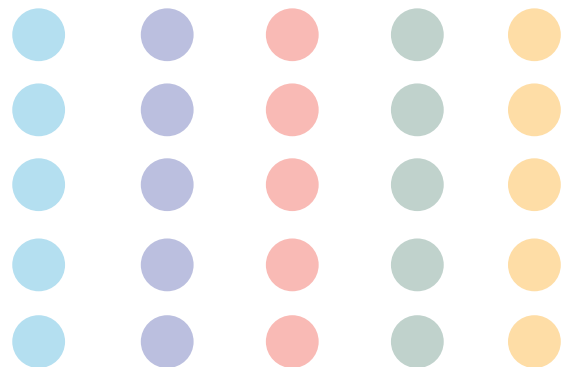
Zone 2

M T W T F



Zone 3


























M T W T F



Zone Cleaning at a Glance


























Zone 4

M T W T F

Zone 5

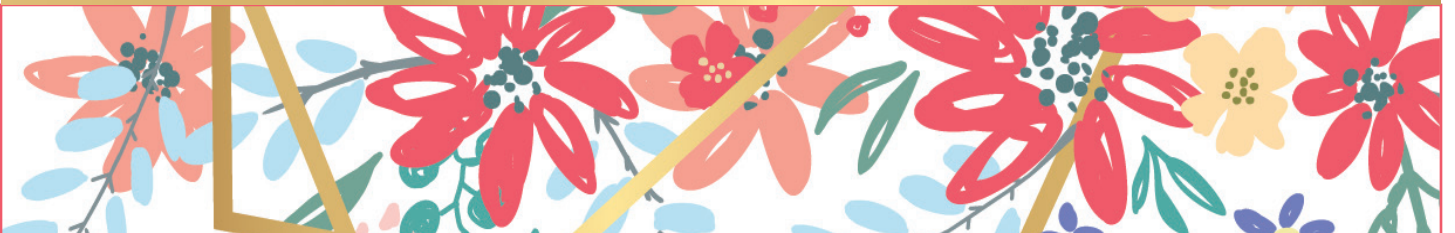
M T W T F

Out of Stock

Projects

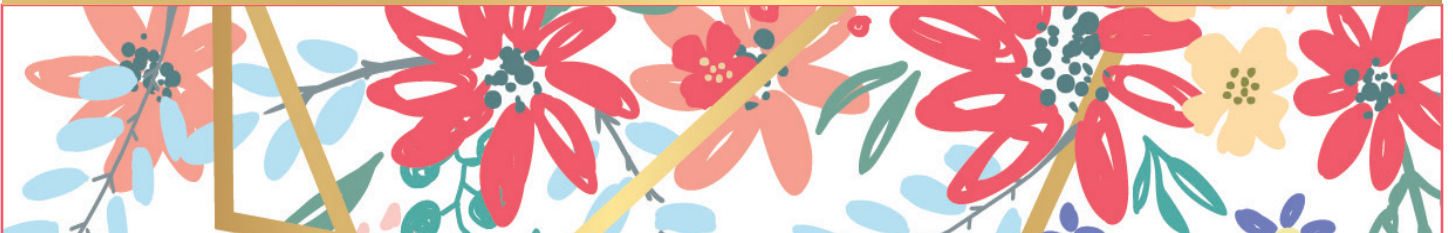
I feel good when...



Self Care Ideas

Here are the things that I enjoy, make me feel good about myself, and help me to unwind and relax.

<input type="checkbox"/>		<input type="checkbox"/>	
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Self Care Weekly Plan


SUNDAY



MONDAY



TUESDAY



WEDNESDAY



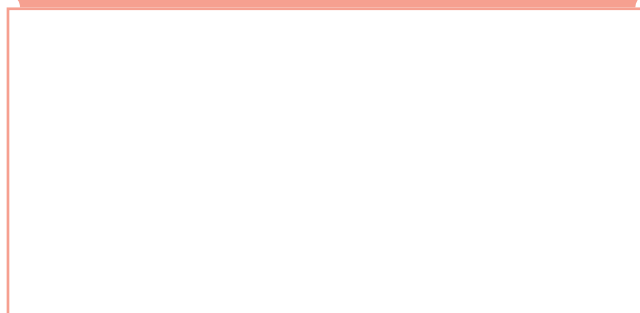
THURSDAY



FRIDAY



SATURDAY



Areas to Declutter

Our Bedroom

Kids Bedrooms

Bathrooms

Living Room

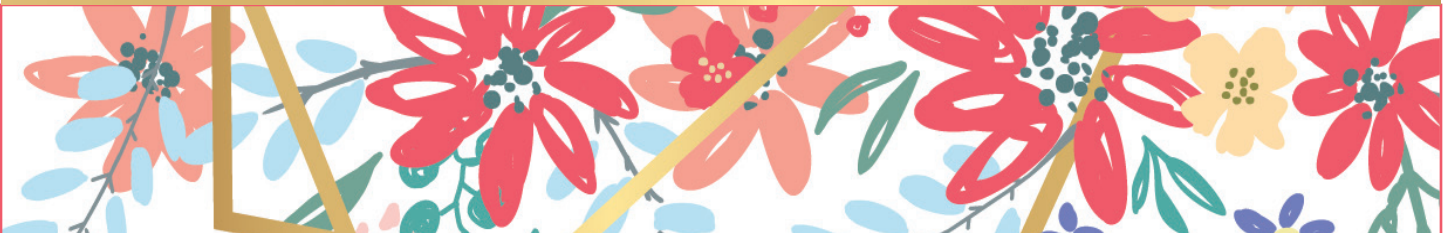
Kitchen

Office/Bonus Room

Areas to Declutter

Our Favorite Meals

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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100							



Weekly Meal Plan



Shopping List




































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My Week at a Glance




































MORNING ROUTINE

S M T W T F S

_____							
_____							
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EVENING ROUTINE

S M T W T F S

_____							
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_____							

ZONE CLEANING

Zone: _____

15

15

15

15

15

MENU PLAN

M

T

W

T

F

S/S

DAILY FOCUS

M

T

W

T

F

S/S

WEEK/MONTH/YEAR FOCUS

W

M

Y



You'll never
change
your life
until you change
something you do
daily.

- John Maxwell



Sometimes the
smallest steps
in the right
direction end up
being the
biggest step
of your life.